

Full Report (All Nutrients) 43004, Babyfood, dessert, banana pudding, strained

Report Date: July 04, 2017 21:30 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 jar NFS 113g	1 jar Beech-Nut Stage 2 (4 oz) 113g	1 jar Heinz Strained-2 (4.25 oz) 120g
Proximates								
Water	g	83.50	--	--	12.53	94.36	94.36	100.20
Energy	kcal	68	--	--	10	77	77	82
Energy	kJ	284	--	--	43	321	321	341
Protein	g	1.00	--	--	0.15	1.13	1.13	1.20
Total lipid (fat)	g	0.80	--	--	0.12	0.90	0.90	0.96
Ash	g	0.56	--	--	0.08	0.63	0.63	0.67
Carbohydrate, by difference	g	14.14	--	--	2.12	15.98	15.98	16.97
Fiber, total dietary	g	0.8	--	--	0.1	0.9	0.9	1.0
Sugars, total	g	10.55	--	--	1.58	11.92	11.92	12.66
Minerals								
Calcium, Ca	mg	11	--	--	2	12	12	13
Iron, Fe	mg	0.30	--	--	0.04	0.34	0.34	0.36
Magnesium, Mg	mg	5	--	--	1	6	6	6
Phosphorus, P	mg	34	--	--	5	38	38	41
Potassium, K	mg	90	--	--	14	102	102	108
Sodium, Na	mg	54	--	--	8	61	61	65
Zinc, Zn	mg	0.12	--	--	0.02	0.14	0.14	0.14
Copper, Cu	mg	0.040	--	--	0.006	0.045	0.045	0.048
Selenium, Se	µg	1.1	--	--	0.2	1.2	1.2	1.3
Vitamins								
Vitamin C, total ascorbic acid	mg	12.0	--	--	1.8	13.6	13.6	14.4
Thiamin	mg	0.010	--	--	0.002	0.011	0.011	0.012
Riboflavin	mg	0.060	--	--	0.009	0.068	0.068	0.072

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Niacin	mg	0.160	--	--	0.024	0.181	0.181	0.192
Vitamin B-6	mg	0.130	--	--	0.020	0.147	0.147	0.156
Folate, total	µg	6	--	--	1	7	7	7
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	6	--	--	1	7	7	7
Folate, DFE	µg	6	--	--	1	7	7	7
Choline, total	mg	10.7	--	--	1.6	12.1	12.1	12.8
Vitamin B-12	µg	0.01	--	--	0.00	0.01	0.01	0.01
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	--	--	0	1	1	1
Retinol	µg	0	--	--	0	0	0	0
Carotene, beta	µg	8	--	--	1	9	9	10
Carotene, alpha	µg	7	--	--	1	8	8	8
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0
Vitamin A, IU	IU	19	--	--	3	21	21	23
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	19	--	--	3	21	21	23
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	0.01	0.08	0.08	0.08
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.1	--	--	0.0	0.1	0.1	0.1
Vitamin D3 (cholecalciferol)	µg	0.1	--	--	0.0	0.1	0.1	0.1
Vitamin D	IU	5	--	--	1	6	6	6
Vitamin K (phylloquinone)	µg	0.2	--	--	0.0	0.2	0.2	0.2
Lipids								
Fatty acids, total saturated	g	0.264	--	--	0.040	0.298	0.298	0.317
4:0	g	0.002	--	--	0.000	0.002	0.002	0.002
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000
8:0	g	0.001	--	--	0.000	0.001	0.001	0.001
10:0	g	0.001	--	--	0.000	0.001	0.001	0.001
12:0	g	0.001	--	--	0.000	0.001	0.001	0.001
14:0	g	0.006	--	--	0.001	0.007	0.007	0.007
16:0	g	0.183	--	--	0.027	0.207	0.207	0.220
18:0	g	0.058	--	--	0.009	0.066	0.066	0.070

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Fatty acids, total monounsaturated	g	0.277	--	--	0.042	0.313	0.313	0.332
16:1 undifferentiated	g	0.024	--	--	0.004	0.027	0.027	0.029
18:1 undifferentiated	g	0.250	--	--	0.037	0.282	0.282	0.300
20:1	g	0.002	--	--	0.000	0.002	0.002	0.002
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.111	--	--	0.017	0.125	0.125	0.133
18:2 undifferentiated	g	0.090	--	--	0.013	0.102	0.102	0.108
18:3 undifferentiated	g	0.008	--	--	0.001	0.009	0.009	0.010
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.010	--	--	0.002	0.011	0.011	0.012
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.003	--	--	0.000	0.003	0.003	0.004
Cholesterol	mg	29	--	--	4	33	33	35
Amino Acids								
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0